

# Personal, Social & Health Education



Academic Year 2020 - 2021  
Years 1 - 6 Curriculum Plan (LTP & MTP)



# Personal, Social and Health Education

## YEAR 1

Timetabled for 30 minutes  
per week

Summer 2  Healthy Movement

Summer 1  Keeping Safe

Spring 2  Healthy Relationships

Spring 1  Healthy Thoughts

Autumn 2  Healthy Eating

Autumn 1  Healthy Habits



# Personal, Social and Health Education

## YEAR 2

Timetabled for 30 minutes  
per week

Summer 2  Healthy Movement

Summer 1  Keeping Safe

Spring 2  Hurtful Behaviour &  
Anti-Bullying

Spring 1  Healthy Thoughts

Autumn 2  Healthy Eating

Autumn 1  Healthy Habits



# Personal, Social and Health Education

## YEAR 3

Timetabled for 30 minutes  
per week

Summer 2		<u>Healthy Movement</u>
Summer 1		<u>Rights &amp; Responsibilities</u>
Spring 2		<u>Healthy Relationships</u>
Spring 1		<u>Healthy Habits</u>
Autumn 2		<u>Healthy Eating</u>
Autumn 1		<u>Healthy Thoughts</u>



# Personal, Social and Health Education

## YEAR 4

Timetabled for 30 minutes  
per week

Summer 2  Healthy Movement

Summer 1  Basic First Aid

Spring 2  Democracy

Spring 1  Healthy Thoughts

Autumn 2  Healthy Eating





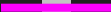

Autumn 1  Healthy Habits



# Personal, Social and Health Education

## YEAR 5

Timetabled for 30 minutes  
per week





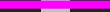
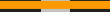
Summer 2		<u>Healthy Movement</u>
Summer 1		<u>Media Influence</u>
Spring 2		<u>Basic First Aid</u>
Spring 1		<u>Healthy Thoughts</u>
Autumn 2		<u>Healthy Eating</u>
Autumn 1		<u>Healthy Habits</u>



# Personal, Social and Health Education

## YEAR 6

Timetabled for 30 minutes  
per week

Summer 2		<u>Healthy Movement</u>
Summer 1		<u>Growing &amp; Changing</u>
Spring 2		<u>Economic Wellbeing</u>
Spring 1		<u>Healthy Thoughts</u>
Autumn 2		<u>Healthy Eating</u>
Autumn 1		<u>Healthy Habits</u>



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 1

Medium Term Plan

1. Sleep
2. Hydration
3. Vitamin N
4. Community
5. Laughter







# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 1

Medium Term Plan

1. Macronutrients
2. Micronutrients
3. Mega-nutrients
4. Food and Mood
5. Food and Organs





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 1

Medium Term Plan

1. Body Image
2. Gratitude and Reflection
3. Dealing with Stress
4. Mindfulness
5. Positivity





# Personal, Social and Health Education

Spring 2 — Healthy Relationships

## YEAR 1

Medium Term Plan



1. Characteristics of healthy families
2. Respecting family differences
3. Recognising Emotions
4. Fair & Unfair
5. How my behaviour affects others



# Personal, Social and Health Education

Summer 1 — Keeping Safe

## YEAR 1

Medium Term Plan

1. Preventing diseases from spreading
2. Personal Hygiene
3. Crossing the road
4. Be Bright, Be seen
5. Sun Safety





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 1

Medium Term Plan



1. Fundamental Movement Skills
2. Agility, Balance and Coordination
3. Kinetic Classrooms
4. Technique
5. Fitness

Health &  
Wellbeing  
Day



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 2

Medium Term Plan

1. Breathing
2. Routine
3. Hobbies
4. Dental Health
5. Moderation and Abundance





# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 2

Medium Term Plan

1. Muscles and Bones
2. Food Sources
3. Food and Energy
4. Immunity
5. Diversity





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 2

Medium Term Plan

1. Role Models
2. Motivation
3. Emotions and Feelings
4. Friendship and Teamwork
5. Resilience and Tolerance







# Personal, Social and Health Education

Spring 2 — Hurtful Behaviour & Anti Bullying

## YEAR 2

Medium Term Plan

1. Self Respect
2. Why are friendships important?
3. Characteristics of friendships
4. Types of Bullying
5. Cyber Bullying





# Personal, Social and Health Education

Summer 1 — Keeping Safe

## YEAR 2

Medium Term Plan

1. Rail Safety
2. Water Safety
3. Fire Safety
4. Online Safety
5. Hazard Alley Visit





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 2

Medium Term Plan



1. Creative Movement
2. Play
3. Strength, Speed and Power
4. Stamina and Endurance
5. Flexibility and Mobility

Health &  
Wellbeing  
Day



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 3

Medium Term Plan

1. Sleep
2. Hydration
3. Vitamin N
4. Community
5. Laughter





# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 3

Medium Term Plan

1. Macronutrients
2. Micronutrients
3. Mega-nutrients
4. Food and Mood
5. Food and Organs





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 3

Medium Term Plan

1. Body Image
2. Gratitude and Reflection
3. Dealing with Stress
4. Mindfulness
5. Positivity





# Personal, Social and Health Education

Spring 2 — Healthy Relationships

## YEAR 3

Medium Term Plan



1. Qualities of positive relationships
2. Showing you care
3. Importance of positive relationships
4. Understand that friendships may change
5. Managing change



# Personal, Social and Health Education

Summer 1 — Rights and Responsibilities

## YEAR 3

Medium Term Plan



1. What's a name?
2. Thumbs Up, Thumbs Down
3. To London in a Lifeboat
4. Where do you belong?
5. Keep families Together: Poster Project





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 3

Medium Term Plan

1. Fundamental Movement Skills
2. Agility, Balance and Coordination
3. Kinetic Classrooms
4. Technique
5. Fitness



Health &  
Wellbeing  
Day



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 4

Medium Term Plan

1. Breathing
2. Routine
3. Hobbies
4. Dental Health
5. Moderation and Abundance





# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 4

Medium Term Plan

1. Muscles and Bones
2. Food Sources
3. Food and Energy
4. Immunity
5. Diversity





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 4

Medium Term Plan

1. Role Models
2. Motivation
3. Emotions and Feelings
4. Friendship and Teamwork
5. Resilience and Tolerance





# Personal, Social and Health Education

Spring 2 — Democracy

## YEAR 4

Medium Term Plan

1. British Values
2. What is Democracy?
3. General Elections
4. Debating
5. Voting





# Personal, Social and Health Education

Summer 1 — Basic First Aid

## YEAR 4

Medium Term Plan

1. School Rules and Health & Safety
2. Bites and Stings
3. Asthma
4. Emergency Response
5. Basic Life Support





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 4

Medium Term Plan

1. Creative Movement
2. Play
3. Strength, Speed and Power
4. Stamina and Endurance
5. Flexibility and Mobility



Health &  
Wellbeing  
Day



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 5

Medium Term Plan

1. Sleep
2. Hydration
3. Vitamin N
4. Community
5. Laughter







# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 5

Medium Term Plan

1. Macronutrients
2. Micronutrients
3. Mega-nutrients
4. Food and Mood
5. Food and Organs





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 5

Medium Term Plan

1. Body Image
2. Gratitude and Reflection
3. Dealing with Stress
4. Mindfulness
5. Positivity





# Personal, Social and Health Education

Spring 2 — Basic First Aid

## YEAR 5

Medium Term Plan

1. Allergies
2. Bleeding
3. Burns and Scalds
4. Choking
5. Head Injuries





# Personal, Social and Health Education

Summer 1 — Media & Relationships

## YEAR 5

Medium Term Plan

1. Standing up to others
2. Celebrity Influence
3. Explore how the media present information
4. Online Relationships
5. Changing Friendships





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 5

Medium Term Plan

1. Fundamental Movement Skills
2. Agility, Balance and Coordination
3. Kinetic Classrooms
4. Technique
5. Fitness



Health &  
Wellbeing  
Day



# Personal, Social and Health Education

Autumn 1 — Healthy Habits

## YEAR 6

Medium Term Plan

1. Breathing
2. Routine
3. Hobbies
4. Dental Health
5. Moderation and Abundance





# Personal, Social and Health Education

Autumn 2 — Healthy Eating

## YEAR 6

Medium Term Plan

1. Muscles and Bones
2. Food Sources
3. Food and Energy
4. Immunity
5. Diversity





# Personal, Social and Health Education

Spring 1 — Healthy Thoughts

## YEAR 6

Medium Term Plan

1. Role Models
2. Motivation
3. Emotions and Feelings
4. Friendship and Teamwork
5. Resilience and Tolerance







# Personal, Social and Health Education

Spring 2 — Economic Wellbeing

## Lesson 1 - 5

# YEAR 6

Medium Term Plan

My Business Plan  
Group Project  
(Teacher Planning)





# Personal, Social and Health Education

Summer 1 — Growing and Changing

## YEAR 6

Medium Term Plan

1. Emotional Changes
2. Puberty
3. Families
4. Respect and Equality
5. Boys - Online Relationships.  
Girls - FGM





# Personal, Social and Health Education

Summer 2 — Healthy Movement

## YEAR 6

Medium Term Plan

1. Creative Movement
2. Play
3. Strength, Speed and Power
4. Stamina and Endurance
5. Flexibility and Mobility



Health &  
Wellbeing  
Day